

## Serve Together From Home

Serve your community from home as a family! The Helping Hands Ministry provides bags of breakfast, lunch, and snacks for 170 kids each week who otherwise wouldn't have food over the weekend or would struggle to get that food. In the wake of COVID-19, that number has risen to 400-500 per weekend. Your family can create bags together for less than \$5 a bag (and probably less if you price-shop a bit) for 12 bags.

### Instructions:

- 1) Let us know you're packing and quantity
  - a. Email: [saraichildscpa@gmail.com](mailto:saraichildscpa@gmail.com)
  - b. Phone: 425.765.4254
- 2) Join the Facebook group: [Packing from Home, Serving Kids!](#)
- 3) Buy ingredients (you can even do pick up at your local store!)
- 4) Pack the bags with your family, and then tie the bags closed.
- 5) Drop them off at Church on the Ridge (cart in the lobby), or contact Sarai Childs to pick up.

### What goes in the bag?

In one plastic grocery bag (if you ask at Safeway, they will give you more bags):

- 2 granola bars (individual bars)
- 2 individual chip bags or snacks (cracker packets, popcorn bag, etc.)
- 2 individually wrapped treats (fruit snacks, cookies, candy, etc.)
- 2 lunch items (box of mac and cheese, can of ravioli/SpaghettiOs, ramen, cup of noodles)
- 2 individually wrapped breakfast items (individual serving cereal boxes, packets of instant oatmeal, a packet of pop tarts)
- 2 individually wrapped fruit items (fruit cup, applesauce pouch)

**Below is a sample shopping list for you for 12 bags:**

Per bag	Item	Cost
2 Snacks	2 Frito Lay Snack Party Mix Bold Variety Pack, 28 count	8.99
2 Granola Bars	2 Nature Made Granola Bars, 24 count	6.79
2 Treats	Betty Crocker Fruit Flavored Snacks, Mini Party Pack 24 count	5.99
2 Lunch Food Items	Mac & cheese (box), 12 count	9.00
	Cup of Noodles, 12 count	5.49
2 Fruit Items	Apple sauce packets, 2 (12 count)	13.98
2 Breakfast Items	Pop Tarts, box of 12	3.99
	Instant oatmeal, box of 12	2.99

**Item Ideas:**

**Snack ideas (2 per bag)**

- Individually wrapped single-serving chips/pretzels
- Can of pringles (small)
- Ritz Crackers
- Bag of popcorn (unpopped)
- Trail mix bags
- Bags of nuts

**Breakfast food options (2 per bag)**

- Personal sized cereal box
- Oatmeal instant packets
- Pop-Tarts

**Lunch food options (2 per bag)**

- Canned ravioli
- Pasta & pasta sauce
- Ramen
- Spaghetti O's
- Mac & Cheese

**Treat options (2 per bag)**

- Fruit snacks
- Cookie packets
- Bag of candy
- Rice crispy treats (individually wrapped)

**Fruit Options (2 per bag)**

- Fruit cups
- Any flavor applesauce pouches
- Cups of apple sauce

**Granola Bar Options (2 per bag)**

- Any granola bar!